



REGENCY HEALING MEDICAL CLINIC

Healing And Preserving Our Community

WELCOME LETTER

Welcome to my practice, I'm honored to be your physician, and I am committed to providing you with best care I can. My hope is that we will form a partnership to keep you as healthy as possible, no matter your current state of health. I will share my medical expertise with you and hope you will take responsibility for working toward the healthy lifestyle that is so important to your well-being. Few people have completely healthy lifestyles, but we all should strive towards becoming healthier by making better choices every day. Here are some important steps you can take toward better health.

- Don't smoke cigarettes or use other tobacco products.
- Drink alcohol in moderation, if at all, and never drive when you have been drinking.
- Eat a diet low in fat and high in vegetables and fruits and watch your calories
- If you are overweight or obese, this is a significant risk factor for many chronic diseases and adverse health events. Please ask about our weight loss program.
- Exercise at least three times a week; daily exercise is more desirable especially if you need to lose weight.
- Wear your seat belt whenever you are in a car.
- Learn about ways to deal with stress and tension.
- Discover what spirituality means to you and practice it.
- Maintain ties with your family, neighbors, co-workers or your church community.

It will give me great pleasure to work with you on these goals, either through my own expertise, through reading materials I may provide to you, or by referral to other health professionals.

We want everyone to be involved in our health maintenance program. Everyone who joins our practice should start by having a complete physical exam followed by periodic check-ups to test for a few specific diseases. We also have a Medical Weight Loss Clinic. Please ask about this if you are interested. I look forward to working with you as your Family Physician.

Please contact our office with any question or concerns at **817-453-2323**

It's my hope that we can have a relationship where lines of communication are open and communication goes both ways. I will listen to you at least as much as I talk. Let's work together to help you live a satisfying life that you deserve. Our goal is to heal and preserve our community

Sincerely

Christie Egbuchunam, MD, MPH